

8 Fold Path Reworded

The 8-fold Path and your meditation

A Barebones approach

The first Discourse was given with the 4 Noble truths to the monks following the Buddha's Awakening. Since the Buddha had been spending so much time in meditation, it would not be odd for one to presume that he was telling them these instructions for a way to succeed in the meditation so that if they followed them they too would succeed in awakening. This would help them be able to see the true nature of things moment to moment. Therefore, as we look at what is said here about the 8-Fold Path, we could be examining it with reference to how each piece of the path could affect the success of our meditation. You'll notice that some of the words are changed from other presentations because these English words seem to help you see more clearly how the path can apply to the meditation practice. In this way one can begin to understand the synchronizing of the 8-Fold Path within the meditation practice itself. This may be a little different approach. Have an open mind. One can only say, try it and see if it helps your practice deepen.

RIGHT

1. View
2. Thought
3. Speech
4. Action
5. Livelihood
6. Effort
7. Mindfulness
8. Concentration

HARMONIOUS

- Perspective
- Imaging
- Communication
- Movement
- Lifestyle
- Practice
- Attention
- Collectedness

Once again, understanding the Eightfold Path clearly helps you to be able to succeed more easily in the meditation practice in order to see the Impersonal Process of Dependent Origination clearly.